

MIGHTY HAIR

IMPROVE YOUR VITALITY AND MEDITATION WITH LONG HAIR

By Deva Kaur Khalsa

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Consider the possibility that the hair on your head is there to do more than just look good. Man is the only creature who grows longer hair on his head as he grows into adulthood. Left uncut, your hair will grow to a particular length and then stop all by itself at the correct length for you. From a yogic perspective, hair is an amazing gift of nature that can actually help raise the Kundalini energy (creative life force), which increases vitality, intuition, and tranquility.

Cut Hair

Long ago people in many cultures didn't cut their hair, because it was a part of who they were. There were no salons. Often, when people were conquered or enslaved, their hair was cut as a recognized sign of slavery. It was also understood that this would serve as punishment and decrease the power of those enslaved.

The bones in the forehead are porous and function to transmit light to the pineal gland, which affects brain activity, as well as thyroid and sexual hormones. Cutting the hair into bangs which cover the forehead impedes this process. When Genghis Khan conquered China, he considered the Chinese to be a very wise, intelligent people who would not allow themselves to be subjugated. He therefore required all women in the country to cut their hair and wear bangs, because he knew this would serve to keep them timid and more easily controlled.

As whole tribes or societies were conquered, cut hair became so prevalent that the importance of hair was lost after a few generations, and hairstyles and fashion grew to be the focus.

The science of hair was one of the first technologies given by Yogi Bhajan when he came to America. "When the hair on your head is allowed to attain its full, mature length, then phosphorous, calcium, and vitamin D are all produced, and enter the lymphatic fluid, and eventually the spinal fluid through the two ducts on the top of the brain. This ionic change creates more efficient memory and leads to greater physical energy, improved stamina, and patience." Yogi Bhajan explained that if you choose to cut your hair, you not only lose this extra energy and nourishment, but your body must then provide a great amount of vital energy and nutrients to continually re-grow the missing hair.

In addition, hairs are the antennas that gather and channel the sun energy or *prana* to the frontal lobes, the part of the brain you use for meditation and visualization. These an-



Photo courtesy of 3HO Foundation

"Our hair fashions might be just a trend, but if we investigate, we may find that we have been depriving ourselves of one of the most valuable sources of energy for human vitality." – Yogi Bhajan

ennas act as conduits to bring you greater quantities of subtle, cosmic energy. It takes approximately three years from the last time your hair was cut for new antennas to form at the tips of the hair.

Kundalini Hair Care

In India, a Rishi is known as a wise one who coils his or her hair up on the crown of the head into a 'rishi knot' during the day to energize the brain cells, and then combs it down at night. A rishi knot energizes your magnetic field (aura) and stimulates the pineal gland in the center of your brain. "This activation of your pineal results in a secretion that is central to the development of higher intellectual functioning, as well as higher spiritual perception (Yogi Bhajan)." During the day, the hair absorbs solar energy, but at night it absorbs lunar energy. Keeping the hair up during the day and down at night aids in this process. Braiding your hair down at night will help your electromagnetic field balance out from the day.

Split Ends

Loose scattered hair can develop split ends. Instead of trimming them and losing your antennas, Yogi Bhajan has recommended applying a small amount of almond oil to your hair overnight so that it can be absorbed before you wash it the next morning. Keeping your hair coiled on your crown and protected with a head covering during the day will help your antennas heal. If you have long hair, see if your experience is different when it is clean and coiled at your crown, or down and loose.

Wet Hair

One year after Winter Solstice, when Yogi Bhajan was sitting in our living room with wet hair, he explained that he was drying it before putting it up in order to avoid a headache. When you put your hair up wet, it will tend to shrink and tighten a bit and even break as it dries. A better idea is to occasionally take the time to sit in the sun and allow your clean, wet hair to dry naturally and absorb some extra vitamin D. Yogis recommend shampooing the hair every 72 hours (or more frequently if the scalp sweats a great deal). It can also be beneficial to wash your hair after being upset to help process emotions.

Wooden Comb

Yogis also recommend using a wooden comb or brush for combing your hair as it gives a lot of circulation and stimula-

tion to the scalp, and the wood does not create static electricity, which causes a loss of the hair's energy to the brain. You will find that, if you comb your hair and scalp front to back, back to front, and then to the right and left several times, it will refresh you, no matter how long your hair is. All the tiredness of your day will be gone. For women, it is said that using this technique to comb your hair twice a day can help maintain youth, a healthy menstrual cycle, and good eyesight.

If you are bald or balding, the lack of hair energy can be counteracted with more meditation. If you are finding some silver strands in your hair, be aware that the silver or white color increases the vitamins and energy flow to compensate for aging. For better brain health as you age, try to keep your hair as natural and healthy as you can.

Tagore's Hair

Yogi Bhajan told us this story about hair many years ago at Women's Camp in New Mexico: Recognize how beautiful and powerful your hair is—that when you keep it, you live a life of fulfillment in this world. When Rabindranath Tagore, the great poet who found God within himself, tried to meet a friend on a steamer ship, the friend didn't recognize him and so wrote him a letter. "We were on the same steamer, but I didn't find you." Tagore said, "I was there." His friend said, "I understand you are now a God-realized man, and I would like to know what your first action was when you became aware of the Oneness in all." Tagore said, "When I realized the Oneness of all, I threw my shaving kit into the ocean. I gave up my ego and surrendered to nature. I wanted to live in the form that my Creator has given me."

When humans allow their hair to grow, they are welcoming the maturity, the responsibility of being fully-grown, and fully powerful. That is why you will find grace and calmness in a person with uncut hair from birth, if it is kept well. The Creator has a definite reason for giving you hair.

It is said that when you allow your hair to grow to its full length and coil it on the crown of the head, the sun energy, *pranic* life force, is drawn down the spine. To counteract that downward movement, the Kundalini life energy rises to create balance. In Yogi Bhajan's words, "Your hair is not there by mistake. It has a definite purpose, which saints will discover and other men will laugh at."

Deva Kaur Khalsa trains Kundalini Yoga teachers and teaches Kundalini Yoga in South Florida. She has been a student of Yogi Bhajan for over 35 years. She is co-owner of Yoga Source in Coral Springs, Florida, and can be reached at www.MyYogaSource.com.

Yogi Bhajan's Tips on Preparing to Teach Kundalini Yoga Classes

Always remember when you teach a class *you* are not teaching. The teachings come through you. In order to be the most effective teacher of our sacred technology, Yogi Bhajan has given the following guidelines to prepare yourself physically, mentally and spiritually before each class:

- The best thing is to take a bath or shower before teaching. If you have short hair, run your fingers under cold water, then run them through your hair and over your scalp, and comb your hair back and forth. This is most refreshing, and is done for energy. Then cover your head with the head covering of your choice, so the energy remains with the nucleus.
- Wearing a head covering when you teach enables you to command the sixth center, the Agia Chakra.

Covering the head stabilizes the cerebral matter and the twenty-six parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres, and tunes the neurological system.

The whole head is to be covered not just the Crown Chakra. Any white head covering that covers your whole head is acceptable; natural fabric is ideal.

The benefit to wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull. A turban automatically gives you a cranial self-adjustment. You can pay \$150 for a cranial adjustment, or you can tie a turban for free!

- It will be the best thing if a teacher prepares for a couple of minutes in personal silence, repeats the Teachers Oath, and chants "Ong Namo Guru Dev Namo" for himself or herself.
- Comb your hair forward and backward a couple of times around 4:00 p.m. everyday to renew your energy. It is best to use a wooden comb.

Remember that teaching is not a personal popularity contest. You don't have to be popular, you have to be perfect, and you have to have an impact.

Q & A

Is it appropriate to do our morning sadhana between 4 and 7 p.m. for new students or those who cannot do it in the morning because of their working schedule?

Yogi Bhajan: Sadhana can be done anytime to give people the experience.

Editor's Note: If you can't have the best (Ambrosial hours!) make the best of what you have. (Another Yogi Bhajan quote.)

Master's Touch Teacher Training: Summer '98, Espanola

The Masters Touch is a subtle thing. It challenges our notion of reality. It dares us to believe the unbelievable and then plays with our concept of 'reality' and 'fantasy' until the thoughts implode in on themselves and nothing remains but Pure Being.

Gurucharan S Khalsa

Plan now to be certified as a Kundalini Yoga Teacher, July 22 - August 5, 1998. Register by June 15th, 1998 to take advantage of the discount.

Words of Wisdom from The Master's Touch:

If you want to be a teacher, you have to be a Master. Then mood and mind are your servants and you and your being serve the spirit. If your spirit is here in a common sense for all, then you see only soul...

To experience the power of Yogi Bhajan's *Master's Touch* lecture tapes, use the order form enclosed, or call to place your order.

The Turban Historically

Dear Prosperity Paths & Sikhnet Readers,

In India and central Asia, the turban, or *Dastar*, as it is called in Persian, carries a totally different connotation from that of a hat in Europe. The turban represents respectability, and was a sign of nobility. An aristocrat, whether a Mughal noble man or a Hindu Rajput, could be distinguished by his turban.

A Persian saying at that time was "*a person's status could be judged from three things: Raftar, Dastar, and Guftar. Raftar meant his mannerisms and body language. Dastar literally meant, his attire, including of course, his turban. Guftar meant his manner of speaking.*" Those who were downtrodden did not have the means to aspire to display aristocratic attire, nor were they allowed to, even if they had the means. The Hindu Rajputs were the only Hindus allowed to wear ornate turbans, carry weapons and have their mustache and beard.

Also at this time, only the Rajputs could have *Singh* as their second name. Even the Gurus did not have *Singh* as part of their name, until the Tenth Guru. It was in this background that Guru Gobind Singh, decided to turn the tables on the ruling aristocracy by making every Sikh carry a sword, take up the name *Singh*, and have his *kesh* (hair) and turban displayed boldly, without any fear, and thereby feel at par with the rulers. In historical documents of the time, Guruji urges the Sikhs to come to him with at least five weapons displayed on his person, and bring horses, which are things that would be expected of an aristocratic warrior, not the common peasants and the low caste humble population.

With this background, the turban is seen as the celebration of that psychological and historical upliftment of humble human beings who fearlessly offered their mind and soul to *Waheguru*, the Eternal Being, and paraded themselves as His nobility.

Sincerely yours,
Sergjinder Singh Sahota, Glasgow UK

Points For The Sikh Who Wants To Be Excellent, from Bhai Gurdas

1. Be humble.
2. Have purity of heart.
3. Don't touch someone else's wealth.
4. Don't slander or listen to the slander of others.
5. Be wise and innocent. Every movement should be based on wisdom, and every approach should be done innocently.
6. Live by the command and instruction of the Guru: rise in the ambrosial hours; bathe; and meditate.
7. Eat and sleep less.

Bhai Gurdas was a renowned Sikh scholar and poet who lived in the mid-1400's, at the same time as Guru Ram Das.

The Turban Spiritually

Siri Singh Sahib Yogi Bhajan

Each layer you put around your head, you totally wind in your own consciousness, your own commitment, and your own identity. A person just gives you one glance and with that one glance the person knows that you are something which he has to deal with.



Tying a turban and having hair on your head does not make you a Sikh. A turban crowns you with your own capacity to understand. You are deathless in the face of a direct confrontation with death.

Wearing a head covering enables you to command your sixth center, the *Agia Chakra*. Covering the head stabilizes the cerebral matter and the 26 parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres of the brain, and tunes the neurological system. The whole head is to be covered, not just the crown chakra. The benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull. A turban automatically gives you a cranial self-adjustment. You can pay for a cranial adjustment, or you can tie a turban for free!

The Turban Physiologically

S.S. Gurutej Singh Khalsa, Saudi Arabia

Physiologically, the majority of the body's energy escapes through the head. The top center of the head, which is the crown chakra, is a focal point of energy. When we are in the presence of Guru, Guru is giving us energy. That energy is sacred and when we retain it, Guru's energy lives in us and that gives us the living experience of Guru. To help retain that energy we cover our heads. That is also why we don't cut our hair. Hair draws energy from the sun and acts as antenna to the environment, giving us greater sensitivity and intuitiveness. When we tie our hair on top of our head, and cover it with a turban, that energy becomes focused, giving us the power of penetrating projection.

Wahe Guru Mantra (continued)

Then inhale and repeat. Do it each morning before sunrise and each night before bed for 31 minutes each time. After 90 days, let us know your experience.

By your own experience you will be able to answer any questions and resolve confusion. This is Guru's gift to us. Keep the *Rehit Maryada*, the form, and pray to the Guru to guide you to the Truth. Guru will always come through for you.